## Splendid Tribute

THE SAN FRANCISCO BOARD OF HEALTH URGES THE USE OF THE

## Royal Baking Powder.

The magnificent tribute of the San Francisco Board of Health to the great purity and wholesomeness of the Royal Baking Powder greatly disturbs the manufacturers of the lower grade powders. Their envious publications, however, cannot break the force of this unsolicited and unbiased high medical endorsement. Attached is a certified copy of their original report, with the signatures of the members of the Peard in

We, the members of The Board of Health of the City and County of San Francisco, cordially approve and recommend the Royal Baking Powder. It is absolutely pure and healthful, composed of the best ingredients of the highest strength and character.

In our judgment it is impossible to make a purer or stronger Baking Powder than the "Royal."

Jos. B. Davidson M.D. M. M. M. W. W. Diske, mo

things which all men know give trouble in their n work are Bruises

TIONS. preme afflicthe world What American Painters Lavo

Less than twenty years ago a member Less than twenty years ago a member of the National Academy of Design declared that he hew positively that there were but ten at tists in New York who were making as much as \$5,000 a year by the first. Times have changed. We hear a good deal about the craze for foreign painters, birrs and the neglect of native a few of thit all the same there are not good living natives who are making a good living natives who are making a ures too.

Several are reputed to make \$25,000 a rear, and a good many live at a rate of d a good many live at a rate of at least \$10,000 without falling into debt longing to clubs, owning country ses and yachts, paying exorbitant ents for studios and furnishing them with splendor. Some of the best paying commissions that local painters receive are those for panels, ceilings and other decorative work for New York houses. -New York Sun.

In Jefferson county, Wis., there is a well that widens isto a subterranean lake of unknown depth and dimensions.

RUPTURE AND PILES CURED. sitively cure rupture, plies and all rechapt pain or detention from busi

THE BRAVE OLD CEDARS

The barners of autumn are waving bright From tower and hill and mountain. Her cohorts and phalanxes gleam with light. Her cohorts and phalances gream with light By shining river and fountain; Her armies are standing in dress parade, Equipped with a martial splendor, But the gailant old cedars are undismayed, They die, but never surrender.

The maples, in close serried ranks, uphold
Their standards of red and yellow,
The orchard is burning in crimson and gold,
The meadows are ripe and mellow;
The sentinel peplar and sycamore
Give welcome to every newcomer,
And doff the brave colors which once they

wore In honor of sweet, green summer.

But the cedars lift boldly their rugged arms,

But the cedars lift boldly their rugged arms,
The favors of autumn scorning.
And keep their green bravery, though the
alarms
Of surly winter give warning.
So loyal and true, so valiant and strong,
The snows and the tempests darring.
The gallant old cedars, a whole life long,
The same old standard are bearing.

-Zitella Cooke in Youth's Companion.

Language of Fowls. Very tame bens often show a desire to talk to you, and it is usually possible to understand their meaning. Once a Co-chin, whose years and breeding entitled her to a separate perch, came and stood in front of me, looked me full in the face and complained loudly of something I could not translate further. Patient investigation revealed that one end of her perch had slipped down, and Mrs. Buff had no idea of sleeping on an inclined plane. Another of siceping on an inclined plane. Another time a nervous little Leghorn met me at the henhouse door fairly screaming and jumping with excitement. I understood, from the cackle which linished each sen-tence, that she had been disturbed on her

nest. I did not wonder at her new powers of speech when I found the nest occupied by my cat and three small kittens.

When the chickens first begin to move in the egg, just before hatching, the mother has sings to them a low, eronning song, very sweet and never heard at any other time. A friend tells me that her canary startled her one day by an entirely new call. It was so plainly "Come here, quick!" that she hurried to the cage to find an enormous cat, with face pressed against the window pane, staring in at poor Ned-a danger sufficiently great to account for

the new call. There are but two ways by which one can hear animals converse. One is by lis-tening to them when they are not aware of your presence, always a difficult feat. The other is by winning their entire love and confidence.—Coleman's Rural World.

All investigations among savage tribes, where women are engaged in active out-of-door life, show that their strength and en-durance are equal to those of men. Usually the drudgery and hard work come upon the women.

the wamen.

Dr. O. G. Given, physician to the Indian school at Carilsie, says: "The men, as a rule, are not as well developed physically as the women, and are the drones of the Indian camp, while the women are the working bees." The American squaws are said to be "second only to the pories to be size of their loads and in the disin the size of their loads and in the dis-tance they can carry them."

Dr. Kellogg says: "Among savage tibes the women do most of the hard work. The Mexican woman cultivates the ground, cares for the household, cooks the neals and makes the clothing for her lazy lord, rears the children, and when moving day comes trudges off with all her houshold goods upon her shoulders and the younger embers of her family on top of al. Stan ley says that the strongest and sost en-during porters he found in Afria were

"In Germany the peasant womn tois beside her husband in laborious suployments, and appears to be as hethy as though she were a man. In France (cound it a common using to see a line of hea dig-ging a trenct for a water pipe and a tom-an at the head of the line treating ground."-fress.

What perican families have not yet have not get achieve to any great extent, and the conditions American life seem not to evogain in flesh. They have not had a couragare real country homes, to sick day since. So children are more which p dwellers ship go to to ome to the day since. So children are more which p dwellers ship go to to ome to the day since. Constitution by restoring Lack o American Country Homes

Untilous expenditures shall as beer very lately the city Whe the rich American's real ss mamen who have retired from peop their homes in the country; are I who now live in town for andre to spend three months in ernine in the country, instead of all when state roads and electric e, a make the country more acces ney made in town makes the and districts more interesting; when a etime spent in money getting in Wall cet or "The Swamp" ceases to be con-lered "successful," there will be less diffiy than there is just now in providing the city man's grandson may have a share of real country life that his n, when it comes his turn to come may have something worth fetch

> es of a Turkish Bath Brack can't have a Pompeian bath-accomplished maid, nor a soap to use as a washmore important elf is generally

If nature did not struggle rgainst disease, even in weakly constitution, swift indeed would be the course of a maisely to its fatel termination. While nature the struggles lee us, I st worse befall us, and her efforts with judicion medicinal help. Experience must be our guide in battles with disease, shift that "lamp to out feet" indicates Hos etters ston a hill litera as a safe, tried and thorough ally of sast re. If the bird of the interest with "i.s. if the birds was safe, tried and thorough ally of sast re. If the stomach are limitive, if the afoncy fail to expel it purities of whit they are the n torseutied, a course of the Bitters is he surest reliance of the sufferer, one moreover, that I said from the processional indorse end and use for nearly haf a consury. No Austral was fooled remedy has earned greater distinction as a remed for the received of the me liver coplaint, majoria, constipation, sidney and theu matte trouble and debility.

Spring is coming.
All are glad:
Hoopskirs with it,
Men are ad.

SAFE, SURE AND SPEEDY.

No external remedy ever yet devised has so fully and unquestionably met these three prime conditions as successfully as ALL-COCK'S POROUS PLASTERS. They are safe because they contain no deleterious drugs and are manufactured upon scientific principles of medicin. They are sure because nothing goes into them except ingr dients which are exactly adapted to the purposes for which a plaster is required. They are speedy in their action because their medicinal qualities go right to their work of relieving pain and restori g the natural and healthy performance of the functions of muscles, nerves and skin. Do not be deceived by misrepresentation. Ask for Altcock's, an ilet no solicitation or explanation induce you to accept a substitute. cause they contain no deleterious drugs

"That young Freacher we heard to-day was a fine pulpit orator, wasn't ne?" "Yes if he could only control his voice. He woke me twice dur-ing the sermon."

BRONCHITIS.—Sudden changes of the weather cause bronchial troubles. "Brown's Bronchial Troches" will give relief, Sold only in boxes. Price, 25 cents.

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HOOD'S PILLS cure Constinution by restoring the peristaltic action of the alimentary canal.

Just a cough. We all suffer that way sometimes. How to get rid of them is the study. Listen—"I am a Ranchman and Stock Raiser. My life is rough and exposed. I meet all weathers in the Colorado mountains. I sometimes take colds. Often they are severe. I have used German Syrup five years for these. A few doses will cure them at any stage. The last one I had was stopped in 24 hours. It is infallible,"
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than mustard
seeds Everychild
is ready for them.
Then, after they're taken, instead of disrurbing and shocking the system, they act
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